



PLAN DETAILS

WARM UPS

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 2

URL: <https://dancer-fitness.com/plan/warm-ups/>

Beginning of dance journey

WALKING AIRPLANE WARM UP

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/walking-airplane-warm-up/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>